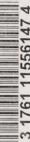
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HELP FOR OURSELVES

## National Native Alcohol and Drug Abuse Program

Community Health Programs Division Medical Services Branch Jeanne Mance Building Tunney's Pasture OTTAWA, Ontario K1A 0L3

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BASED ON THE TWELVE STEPS
OF ALCOHOLICS ANONYMOUS
AND ESPECIALLY PREPARED
FOR NATIVE AMERICANS
BY THE UMATILLA TRIBAL
ALCOHOL PROGRAM

ARTIST: SAM WILSON

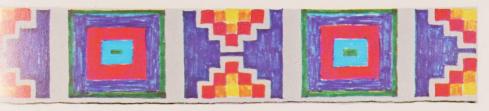






WE ADMITTED WE
WERE POWERLESS
OVER ALCOHOL—
THAT WE HAD
LOST CONTROL
OF OUR LIVES





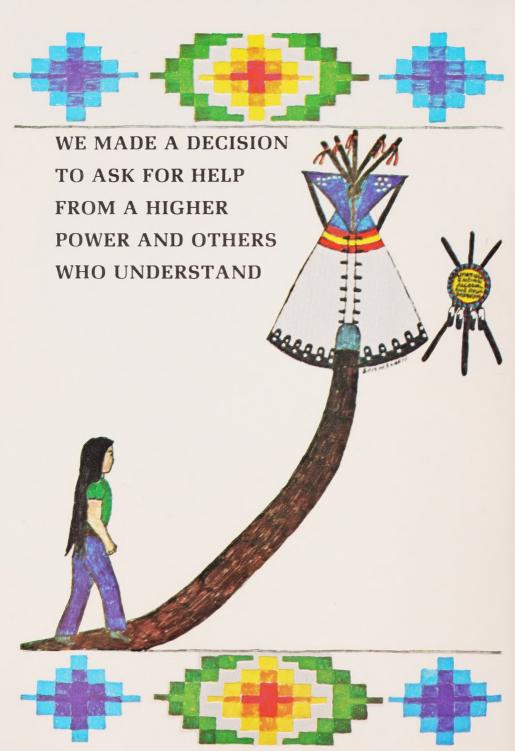
WE CAME TO BELIEVE
THAT A POWER
GREATER THAN
OURSELVES COULD
HELP US REGAIN
CONTROL

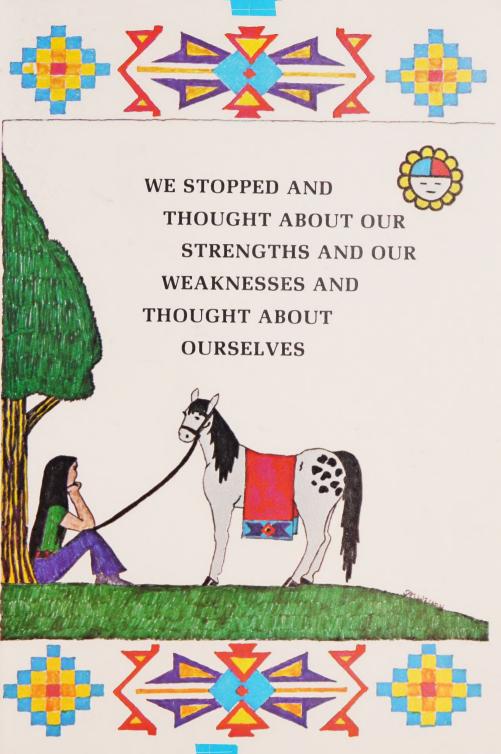


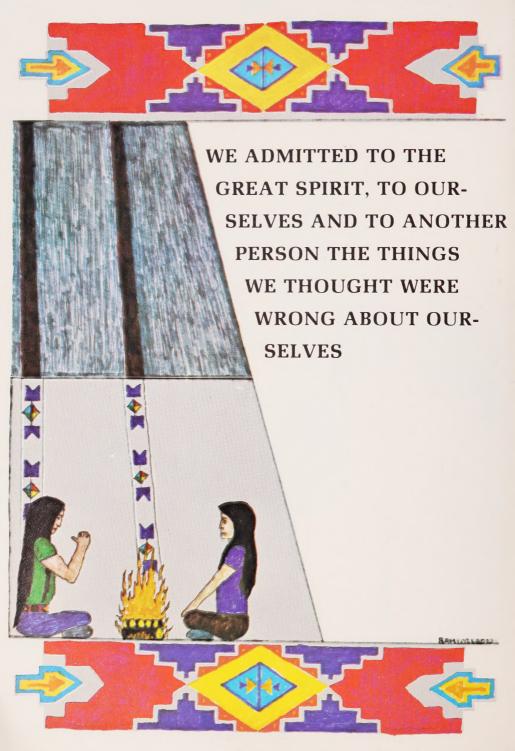








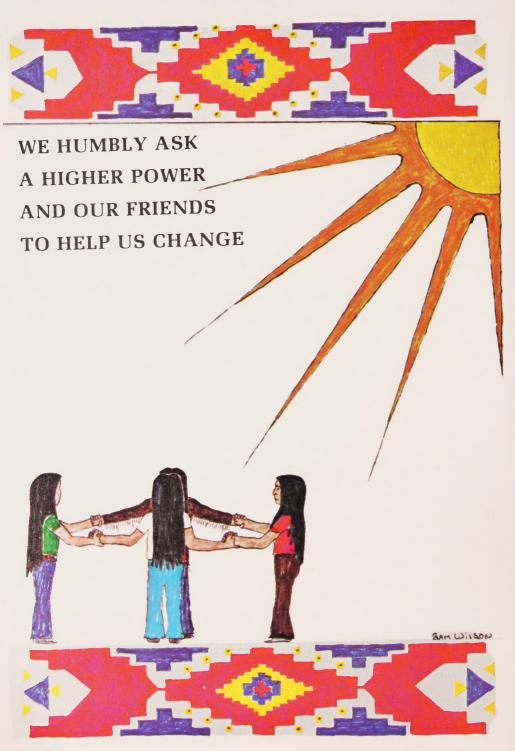






WE ARE READY, WITH THE HELP
OF THE GREAT SPIRIT, TO CHANGE







WE MADE A LIST OF PEOPLE WHO WERE HURT BY OUR

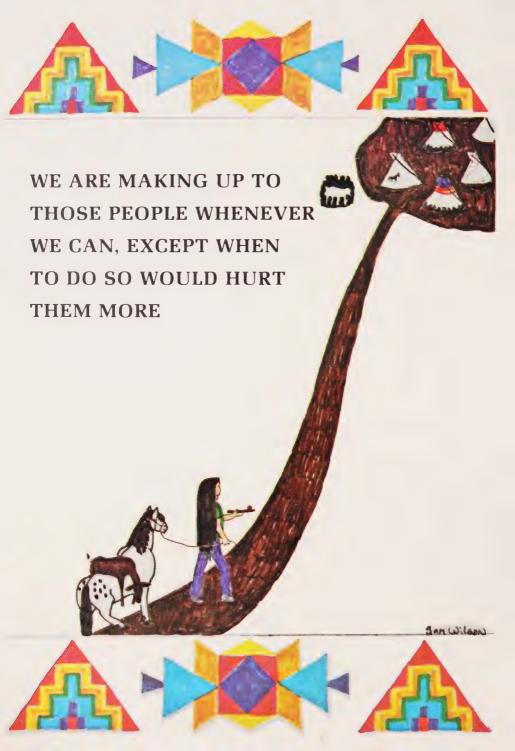


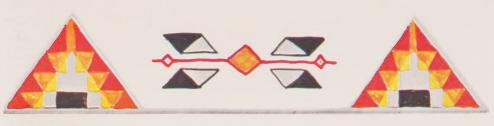


DRINKING AND WANT
TO MAKE UP FOR
THESE HURTS

Dan Lillania







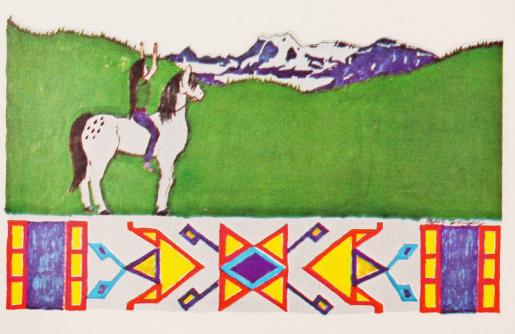
WE CONTINUE TO THINK ABOUT OUR STRENGTHS AND WEAKNESSES AND WHEN WE ARE WRONG WE SAY SO







WE PRAY AND THINK ABOUT
OURSELVES, PRAYING ONLY FOR
STRENGTH TO DO WHAT IS RIGHT





WE TRY TO HELP
OTHER ALCOHOLICS
AND TO PRACTICE
THESE PRINCIPLES
IN EVERYTHING WE
DO





